

MATRIX FOR KEY COMPONENTS OF USING PARTICIPANT CENTERED EDUCATION

Characteristics of an effective certification...

ACTION	BEGINNING	INTERMEDIATE	ADVANCED
Invest in the Interaction Welcome the participant and build rapport by opening the conversation with: <ul style="list-style-type: none"> • Introductions • Setting the agenda • Affirmations 	<ul style="list-style-type: none"> • Staff introduces self 	<ul style="list-style-type: none"> • Greets client by name • Staff introduces self • Sets the agenda 	<ul style="list-style-type: none"> • Greets client by name • Staff introduces self • Sets the agenda • Affirms client
Complete the Assessment Gather and analyze information before educating by using: <ul style="list-style-type: none"> • Critical thinking • Active listening • Open ended questions • Probing questions • Reflections 	<ul style="list-style-type: none"> • Asks the client open ended questions 	<ul style="list-style-type: none"> • Asks the client open ended questions • Actively listens to client • Uses critical thinking skills to ask probing questions 	<ul style="list-style-type: none"> • Asks the client open ended questions • Uses critical thinking skills to ask probing questions • Uses critical thinking skills to reflect what client is saying • Does not offer education during assessment
Provide Nutrition Education Offer counseling and advice through: <ul style="list-style-type: none"> • Menu of options • Anticipatory guidance • Focusing on participant needs and interests • Explore/offer/explore 	<ul style="list-style-type: none"> • Offers different topics to discuss based on assessment 	<ul style="list-style-type: none"> • Offers different topics to discuss based on assessment • Offers anticipatory guidance 	<ul style="list-style-type: none"> • Offers different topics to discuss based on assessment focusing on the client's needs and interest • Offers anticipatory guidance • Explores and offers ideas • Explores ambivalence
Support Health Outcomes Encourage success by closing the conversation with: <ul style="list-style-type: none"> • Next steps • Outcome statement • Food package assignment • Setting the next appointment • Summarizing 	<ul style="list-style-type: none"> • Asks about next steps 	<ul style="list-style-type: none"> • Briefly summarizes discussion • Asks about next steps 	<ul style="list-style-type: none"> • Summarizes discussion in more detail • Discusses next steps with client